

MARCH 2023 – SCHEDULE OF CLASSES AND EVENTS

SUN	MON	TUES	WED	THURS	FRI	SAT
55+ Open Gym Basketball 8:00-10:00am		Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	1	2 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	3 Cardio Fitness 1:00-2:00pm	4
5 55+ Open Gym Basketball 8:00-10:00am	6	7 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	8	9 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	10 Cardio Fitness 1:00-2:00pm	11
12 55+ Open Gym Basketball 8:00-10:00am	13	14 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	15	16 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	17 Cardio Fitness 1:00-2:00pm	18
19 55+ Open Gym Basketball 8:00-10:00am	20	21 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	22	23 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	24 Cardio Fitness 1:00-2:00pm	25
26 55+ Open Gym Basketball 8:00-10:00am	27	28 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	29	30 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	31 Cardio Fitness 1:00-2:00pm	

APRIL 2023 – SCHEDULE OF CLASSES AND EVENTS

SUN	MON	TUES	WED	THURS	FRI	SAT
2 55+ Open Gym Basketball 8:00-10:00am	3	4 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	5	6 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	7 NO CLASS Borough Closed	8
9 EASTER 55+ Open Gym Basketball 8:00-10:00am	10	11 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	12	13 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	14 Cardio Fitness 1:00-2:00pm	15
16 55+ Open Gym Basketball 8:00-10:00am	17	18 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	19	20 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	21 Cardio Fitness 1:00-2:00pm	22
23 55+ Open Gym Basketball 8:00-10:00am	24	25 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	26	27 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	28 Cardio Fitness 1:00-2:00pm	29
30 55+ Open Gym Basketball 8:00-10:00am						